OCTOBER 2019

PSRC BENEFIT EVENT

OCTOBER 25, 2019
7:30 PM

Performance at
the Stuart Country Day School
1200 Stuart Road, Princeton, NJ 08540

All ticket sales benefit PSRC!

TICKETS AVAILABLE AT
PSRC, online at princetonsenior.org,
and by calling 609.924.7108.

MEET THE PRINCETON TOWN COUNCIL CANDIDATES
Moderated by Dr. Joan Goldstein

Wednesday, October 2 at 10:30 a.m.
PSRC’s Suzanne Patterson Building

Joan Goldstein will moderate a “meet the candidates” panel discussion with Mia Sacks and Michelle Pirone Lambros to learn about their views and perspectives on Princeton’s hot topics from the parking meter roll out, to the health of downtown businesses, to taxes, to the environment, and more. Dr. Goldstein, a research sociologist, author, educator, and community activist, has hosted Princeton TV30’s Back Story with Joan Goldstein for more than 12 years.

PSRC WILL BE CLOSED ON WEDNESDAY, OCTOBER 9 IN OBSERVANCE OF YOM KIPPUR

SIGN UP TIME!

IT’S TIME TO REGISTER FOR OUR FALL QUARTER AND OCTOBER CLASSES.

PSRC’S FALL CONFERENCE IS MOVING TO THE SPRING. STAY TUNED FOR DETAILS.
Early in my career, I had the opportunity to work with and for an exceptional mentor and friend, George Fischer. George and I became lifelong friends and he taught me many important lessons about compassion, commitment, the pursuit of excellence, humility, empathy, and so much more. He is a man of deep integrity and well respected for his work. The thing that I remember and cherish most about my time working with George, however, is that he was almost always laughing.

Don’t get me wrong, George’s demeanor and personal interactions always matched the situation. People never dismissed George, nor did they think him a fool. Whether visiting in the hospital, leading a contentious meeting, or pitching an idea to a potential donor, George knew how to win people over by being authentic. And he always had a joke — or a pun — or a quip — ready to go. “When people laugh,” George would say, “their hearts and minds are open in new ways. The walls come down and trust is built.”

The power of laughter and its impact on our health has been well documented. Studies from around the world have shown that laughter can impact our health in several ways, including:

- **Reducing our stress.** Life can be serious. And life can be hard. Laughter has been linked with reduced anxiety and stress—even, and perhaps especially, in the most challenging of situations.

- **Improving learning ability and memory.** Our mind remains sharp when we laugh. Laughter helps to fire synapses in our brain that wouldn’t otherwise be active.

- **Improving our mood and self-esteem.** One study followed older adult patients undergoing cancer treatments showing a linkage between laughter and treatment effectiveness.

- **Improving our connections with one another.** Relationships are important. I believe that positive human interaction is key to healthy aging. Have you ever encountered someone who never laughed—who seemed to believe that being negative, critical, or serious was somehow an indication of their importance? I have too. And, unfortunately, they are often isolated and lonely.
Certainly, medical professionals would agree that laughter has a positive overall impact on the aging process. Laughter affects our brains, our muscles, our lungs, our hormones, our immune system, our heart, our circulatory system, and so much more. There has to be something behind the old adage, “Laughter is the best medicine.”

Here at the Princeton Senior Resource Center, we love to laugh! And we care deeply about your health. And so, we are proud to present A Night of Comedy with the Capitol Steps on Friday, October 25th at 7:30 p.m. at the Stuart Country Day School. If you’ve never seen the Capitol Steps—or if you’ve seen them 10 times before—their performance is certain to keep you laughing for weeks. Regular tickets, VIP tickets, and event sponsorships can be purchased by visiting the event page at princetonsenior.org/fall-benefit-capitol-steps/ or by calling our offices at 609.924.7108.

All proceeds from the evening will benefit PSRC—but, more importantly, buying tickets and attending the performance with a group of friends, will help you live longer!

Back to George. He was always laughing, and we spent a lot of time laughing together, but he wasn’t really all that funny. In fact, every time we sat down at a meal together where chicken was served, he would say, “Does this chicken have a fowl taste to it?” and look earnestly to see if anyone caught his wit. Laughing may contribute to healthy aging—but I can’t make any promises about groaning.

All the Best,
Drew A. Dyson, PhD
Executive Director

PREPARE TO LAUGH OUT LOUD

Stuart Country Day School on Friday, October 25 at 7:30 p.m.

The Capitol Steps have elevated political satire to an art form. Before The Daily Show, Full Frontal, and The Colbert Report, this Washington DC-based comedy troupe gave audiences laugh cramps with their bipartisan lampooning. The Capitol Steps began in 1981 as a group of Senate staffers who set out to satirize their employers, and haven’t let up since. If you’ve been keeping up with the news, you know there’s no shortage of material. The troupe is coming back to Princeton with a new show of musical and political comedy. It doesn’t matter if you’re a Republican or Democrat, a snowflake or a deplorable, neither side is safe from the group that puts the “MOCK” in Democracy!

TICKETS ON SALE AT PRINCETONSENIOR.ORG
FIRST FRIDAY FILM — “VICE”
Friday, October 4 at 1:00 p.m.
Christian Bale stars as Dick Cheney in this epic tale of how a bureaucratic Washington insider quietly became the most powerful man in the world. Co-starring Amy Adams, Steve Carell, and Sam Rockwell, it is a darkly comedic look behind the scenes of American politics.

Running time: 2 hours, 12 minutes
Registration required, no fee.

FYI SEMINAR — “REQUIRED MINIMUM DISTRIBUTIONS & CHARITABLE GIVING STRATEGIES”
Monday, October 14 at 1:00 p.m.
This program will give you insight and strategies on how tax laws have changed and how it affects charitable giving. Additionally, the rules on required minimum distributions will be discussed.

C. Greg Crothers & Joseph Tortis are both Certified Financial Planners that teach retirement planning classes at various colleges and community centers throughout the area.
Registration required, no fee.

FYI SEMINAR — “HOW TO AVOID 5 MISTAKES IN MEDICARE”
Monday, October 21 at 1:00 p.m.
Learn the basics of Medicare, when to enroll, the cost of Part B premiums & IRMAAs, differences between Medicare Advantage and Medicare Supplements, how Part D of Medicare works, and how to avoid the top five mistakes people make on Medicare.

Justin Lubenow of Senior Advisors, LLC is a Medicare specialist that focuses on educating Medicare beneficiaries and lobbying to protect benefits for Medicare beneficiaries. Justin is a licensed insurance professional.
Registration required, no fee.

FYI SEMINAR — “UNDERSTANDING HOSPICE”
Monday, October 28 at 1:00 p.m.
In this presentation, Gina Barnett will debunk the common myths about hospice and also discuss how hospice responds to the medical, social, spiritual, and emotional needs of those with life limiting illness and their families.

Ms. Barnett is a Hospice Development Specialist who has worked in the Health Care Industry for over ten years.
Registration required, no fee.

TED TALKS
Every Tuesday at 10:30 a.m.
First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month’s topics:

October 1—Lidia Yuknavitch: The beauty of being a misfit (recommended by Nayan Trivedi)
October 8—No TED Talk
October 15—Anita Collins: The benefits of music education
October 22—Michael Murphy: Architecture that’s built to heal
October 29—Charlie Todd: The shared experience of absurdity

Sponsors: Artis Senior Living & NightingaleNJ Eldercare Navigators

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “THE LIFE OF ALBERT EINSTEIN”
Friday, October 4 at 2:00 p.m.
Join us for a presentation on Albert Einstein by Eve Mandel, Historical Society of Princeton. This enlightening talk examines the life of the man whose name has become synonymous with “genius.” Learn how a childhood fascination with a compass played a role in the development of the Nobel prize-winning scientist, how he accepted a job in Princeton to escape Nazi Germany, and how he used his celebrity to advocate for civil rights and advance world peace. All are welcome.
WOMEN IN RETIREMENT — “GYNECOLOGICAL HEALTH AND WELLNESS IN THE MENOPAUSAL YEARS”
Friday, October 18 at 10:30 a.m.
Please join us when our speaker will be Dr. Victoria Petty, who is board certified in obstetrics and gynecology from Capital Health. Her presentation will cover such issues as routine gynecologic care and screening in postmenopausal women and will also include a discussion of several issues and health related concerns for women. All are welcome.

TRANSITION TO RETIREMENT
Friday, October 18 at 3:00 p.m.
This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by John George, PhD, licensed psychologist, and Dave Roussell, MSED, MSW, LSW, PSRC care coordinator and HomeFriends coordinator.

HEALTHCARE DECISION DAY WORKSHOP
Tuesday, October 29 at 1:00–3:00 p.m.
Go beyond completing your advance directives and learn ways to talk to your family/friends about your wishes for end-of-life care. The workshop will review documents and key issues. Copies of Five Wishes will be available to take home. Registration required, no fee. Facilitated by Dave Roussell, MSED, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator

LIMITED SERIES PROGRAMS

TECHNOLOGY WORKSHOP—“NEW iPAD OPERATING SYSTEM”
Friday, October 11 at 10:30 a.m.
This September, the iPad will have its own operating system called iPadOS. This class will provide you with a hands-on review of its new features.
NOTE: 1. You should bring your iPad with the new iPadOS already installed. You can arrive at 9:45 a.m. and we’ll help you with the upgrade.
2. This is not a beginner’s iPad class—we will assume you know how to work your tablet.
3. You will need your Apple ID and Password. Registration required, no fee. Class limit: 15. Instructors: Don Benjamin and Evelyn Sasmor
OCTOBER PROGRAMS
Register now online at princetonsenior.org. Financial assistance is available if needed.

EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

AEROBICS
Mondays, Wednesdays, Fridays, 9:15–10:15 a.m.
$64/residents; $128/non-residents; 13-week session. Register through Princeton Recreation Department: 609.921.9480.

TABLE TENNIS
Mondays, Wednesdays, Fridays, 12:30–4:30 p.m.
Drop-in; no fee.

MINDFUL CHAIR YOGA & MEDITATION
Tuesdays, 9:30 a.m.–10:30 a.m.
$72/residents; $96/non-residents; per quarter (MH-Multi)
Thursdays, 9:00 a.m.–10:00 a.m.
$72/residents; $96/non-residents; per quarter (SPB)

GENTLE MAT YOGA
Thursdays, 10:00–11:00 a.m.
$72/residents; $96/non-residents; per quarter

SPRUCE CIRCLE

CHAIR EXERCISE
Mondays, 11:30 a.m.–12:30 p.m.
Fridays, noon–1:00 p.m.; $48 per quarter

EVERY BODY WALK!
Tuesdays and Thursdays, 10:00 a.m. FREE
This program is available from March through November and meets in different outdoor locations. Visit www.progressionpt.com or call Progression PT at 609.454.3536. Co-Sponsored by PSRC and Progression Physical Therapy.

ENRICHMENT

COSMOLOGY
Thursdays at 9:45 a.m.; $20/annual. Peer-led science discussion. Contact brucewallman@gmail.com for more information.

DISCOVER DRAWING
Mondays at 10:30 a.m.
$30/residents; $40/non-residents; per month

FINDING COLOR, TEXTURE, AND LIGHT WITH PAINT
Wednesdays at 11:00 a.m.
Painting with watercolor and acrylics.
$30/residents; $40/non-residents; per month

INSPIRATION THROUGH MIXED MEDIA
Thursdays at 1:00 p.m.
$30/residents; $40/non-residents; per month

PAINTING AND SELF EXPRESSION — NEW CLASS!
Fridays at 10:30 a.m.
Thought will be given to composition, subject matter, shape, light, movement, and structure. Join master instructor Christina Rang as she encourages you to explore your creative choices and personal expression.
$30/residents; $40/non-residents; per month

The following classes are currently full. Call to be added to the waitlist.
• TRUE STORIES: A MEMOIR WRITING CLASS
• WORD PLAY (POETRY) WITH RICE LYONS
• WRITING YOUR LIFE WITH BETTY LIES

GAMES DAY

SCRABBLE, CANASTA, SOCIAL BRIDGE, & OTHER GAMES
Tuesdays, noon–4:00 p.m.; no fee.
Let us know if there’s a game you’d like to play!

MAHJONGG
Tuesdays, noon–4:00 p.m.; no fee; BYO set.

TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for one-on-one assistance with our experienced and patient volunteers; bring your laptop, phone, or tablet, or use our desktops. No fee. Registration encouraged; go to princetonsenior.org.
• Tuesdays 10:00 a.m.–4:00 p.m.
• Wednesdays 1:00–4:00 p.m.
• Fridays 10:00 a.m.–1:00 p.m.

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED
Apple Photos

Many of us now use our smartphone cameras for everyday picture-taking, amassing thousands of photos and selfies in the process. This article will help you manage the photos you take on your iPhone and explain how to copy those photos to your MacBook and iPad. (I'll write about Android smart phones, the Windows photos application, and Google Photos next month.)

Apple provides a Photos application for its iPhone, iPad, and MacBook. Even though these devices have vastly different “form factors,” Photos works pretty much the same on each one. You can organize your photos into albums, edit your pictures (crop, adjust color, and even remove some blemishes), and add “metadata,” such as titles, event name, and so on.

The pictures you take on your iPhone are stored on the phone, but you can opt to upload copies to Apple’s iCloud server on the internet. This provides a backup of your pictures and lets you share them with others over the internet. But keep in mind that iCloud is a synchronizing service. In other words, if you take a picture on your phone, it will automatically upload to iCloud. But if you delete a picture from your phone, it will also disappear from iCloud. (You can create additional iCloud photo libraries that aren't synchronized with your phone.)

Because a picture is (literally) worth a thousand words, a photo typically uses from two to eight megabytes of storage on your iPhone, depending on your camera settings. But if you use iCloud service, you can optimize your iPhone photo storage to keep a less-detailed version to save space. You won't notice the difference because your iPhone screen is small, and the full definition of your picture will be in your iCloud drive. Apple gives you 5 gigabytes of space on iCloud at no charge; you can buy more for a modest monthly fee. (You will probably use iCloud for other data storage, not just photos.)

If you don't want to use iCloud, you can automatically copy your pictures to your MacBook or iPad by turning on the upload to my photo stream option on your iPhone, which is free. But Apple only keeps your photo stream pictures for 30 days, so you need to import them into your Photos collection if you want to keep them on your other devices.

Aside from the iPhone, you can import pictures from any digital camera into your Photos albums on your MacBook, either by inserting the camera's memory card into your computer (you may need an adapter) or via your wi-fi network if your camera has that feature.

If you need help managing your photos, stop by the Technology Lab on Tuesdays from 10:00 a.m. to 4:00 p.m., Wednesdays from 1:00 to 4:00 p.m., or Fridays from 10:00 a.m. to 1:00 p.m.
Welcome Our New Social Worker Nicole Maccarone

Please welcome our new social worker Nicole Maccarone. Nicole joined the PSRC social services team as Care Coordinator & Social Service Outreach on September 3. Prior to PSRC, Nicole worked for fourteen years with the Family Guidance Center in Trenton, NJ in a variety of roles within that organization. Nicole holds a B.A. in Psychology from Bard University and a M.S.W. from NYU. She also holds licenses in clinical social work (LCSW) and clinical alcohol and drug counseling (LCADC) in the State of NJ.

As you get to know Nicole you will learn that she is a lifelong resident of Mercer County and enjoys spending time with her family and her dog. She has a particular love for cooking, baking, and gardening. Please introduce yourself to Nicole as you see her around the Suzanne Patterson Building and at Spruce Circle.

Nicole’s office hours are Monday and Wednesday–Friday from 9:30 a.m.–3:00 p.m. and Tuesday from 9:30 a.m.–2:00 p.m.

12 TIPS TO SUPPORT A CAREGIVER

Providing care for a person with medical issues, memory problems, or aging complications can be both rewarding and stressful for the caregiver. Here are some tips to help make life a bit easier.

1. Offer to keep friends and family informed.
2. Bring the caregiver a meal or have one delivered.
3. Help to organize the home to reduce clutter and avoid accidents.
4. Take the person who needs care on an outing.
5. Offer to pick up laundry and return it clean and folded.
6. Arrange for a specific person to check in regularly either in person or by phone.
7. Encourage the caregiver to keep up with their own health and medical appointments.
8. Help to find benefits, resources and programs to assist.
9. Make calls for the caregiver.
10. Ask more than once if you can help, sometimes caregivers have difficulty accepting help.
11. Find community volunteers, programs and places of worship to provide support.
12. LISTEN! Give the caregiver permission to vent about the issues causing stress.

Please contact Sharon Hurley, CVA for more information at 609.252.2362 or shurley@princetonsenior.org.

**CROSSTOWN**
Door-to-door car service within Princeton for people over age 65.
Call 609.252.2362 or 609.924.7108 to register for the program and purchase $3 vouchers. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and medically prescribed rehabilitation at Princeton Fitness and Wellness Center.

**DAYTIME FREE-B BUS**
A 70-minute loop around town, Monday–Saturday.
(No service to PSRC on Saturdays.) New schedules and map are available at PSRC, municipal buildings, and on the bus.

**GO GO GRANDPARENT**

**RIDE PROVIDE**
Membership door-to-door service in Mercer County.
Call 609.452.5144 for more information.

*For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)*
IRÁ DISTRIBUTION & GIFTS OF STOCK — Are you thinking of your end of year contributions? It’s really not too early to make an impactful gift and benefit your tax position and PRSC. If you are 70 1/2 + years young — and have an IRA you are required to take a “Required Minimum Distribution” from that account each year. If you’ve not already arranged to take that distribution for 2019 you might want to consider making a DIRECT GIFT FROM YOUR IRA to PSRC. This could be a win-win for you and PSRC.

Because IRA assets can be among the most highly taxed, they make very effective donations. The donor will not pay federal income tax on these gifts, unlike other IRA distributions. You can make a charitable donation directly from your qualified minimum IRA distribution. Distributions of this type must be taken any time in the calendar year before December 31.

Benefits of an IRA charitable rollover:

- Satisfy your required minimum distribution (RMD) for the year
- Reduce your taxable income, even if you do not itemize deductions
- Avoid taxes on transfers of up to $100,000 from your IRA to our organization
- Make a gift that is not subject to the deduction limits on charitable gifts
- Help further the work and mission of PSRC

Please speak with your financial advisor about making any distributions to benefit PSRC.

Did you know you can support PSRC all year long by bringing us your McCaffrey’s receipts? They can be up to 3 months old. PSRC receives a percentage of the total receipts.

Help PSRC by donating your car.

Call 855.500.7433 or 855.500.RIDE or visit: https://careasy.org/nonprofit/Princeton-Senior-Resource-Center to get started!
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<th>Monday</th>
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| 1 9:30 Mindful Chair Yoga & Meditation - MH Multi  
10:00 Every Body Walk! - Various  
10:30 TED Talk - SPB  
12:00 Games Day - SPB  
1:00 Technology Lab - SPB | 2 9:15 Aerobics - SPB  
10:30 Meet the Candidates - SPB  
11:00 Finding Color, Light, & Texture with Paint - SPB  
1:30 True Stories - SPB  
1:00 Technology Lab - SPB  
2:45 Let’s Talk - SC | 3 9:00 Mindful Chair Yoga & Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Every Body Walk! - Various  
10:30 Women in Retirement - SPB  
11:00 Finding Color, Light, & Texture with Paint - SPB  
1:30 True Stories - SPB  
1:00 Inspiration Through Mixed Media - SPB | 4 9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:45 Next Chapter Widow/ers - SC  
10:45 Let’s Talk - SC  
1:00 Inspiration Through Mixed Media - SPB | 5 9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self Expression - SPB  
10:30 Women in Retirement - MH Main  
11:00 First Friday Film - SPB  
12:00 Chair Exercise - SC |
| 6 | 7 | 8 | 9 | 10 |
| 9:15 Aerobics - SPB  
10:00 Writing Your Life - MH - E Conf  
11:30 Chair Exercise - SC  
1:00 Global Conversations - SC  
2:00 Word Play - SPB  
2:15 Caregivers - MH East Conf Rm | 9:30 Mindful Chair Yoga & Meditation - MH Multi  
10:00 Every Body Walk! - Various  
10:30 TED Talk - SPB  
1:00 Health Fair & Flu Shot Clinic - SPB | CLOSED FOR YOM KIPPUR | 9:00 Mindful Chair Yoga & Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Every Body Walk! - Various  
10:00 Gentle Mat Yoga - SPB  
1:00 Inspiration Through Mixed Media - SPB | 9:15 Aerobics - SPB  
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10:30 Tech Workshop - SPB |
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| 9:15 Aerobics - SPB  
10:30 Discover Drawing - SPB  
10:30 Writing Your Life - MH - E Conf  
11:30 Chair Exercise - SC  
1:00 FYI Seminar - SPB  
1:00 Global Conversations - SC  
2:00 Word Play - SPB  
2:15 Caregivers - MH East Conf Rm | 9:30 Mindful Chair Yoga & Meditation - MH Multi  
10:00 Every Body Walk! - Various  
10:30 TED Talk - SPB  
1:00 Grandparents Group - SPB  
1:00 Knit Wits - SC  
1:00 Technology Lab - SPB | 9:15 Aerobics - SPB  
10:00 Writing Your Life - MH - E Conf  
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1:00 FYI Seminar - SPB  
1:00 Global Conversations - SC  
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10:30 Discover Drawing - SPB  
10:30 Writing Your Life - MH - E Conf  
11:30 Chair Exercise - SC  
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1:00 FYI Seminar - SPB  
1:00 Global Conversations - SC  
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10:00 Technology Lab - SPB  
10:30 Painting and Self Expression - SPB  
12:00 Chair Exercise - SC |
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| 9:15 Aerobics - SPB  
10:30 Discover Drawing - SPB  
10:30 Writing Your Life - MH - E Conf  
11:30 Chair Exercise - SC  
1:00 Bereavement - MH East Conf Rm  
1:00 FYI Seminar - SPB  
1:00 Global Conversations - SC  
2:00 Word Play - SPB | 9:30 Mindful Chair Yoga & Meditation - MH Multi  
10:00 Every Body Walk! - Various  
10:45 Next Chapter Widow/ers - SPB  
12:00 Games Day - SPB  
1:00 Technology Lab - SPB | 9:15 Aerobics - SPB  
10:00 Writing Your Life - MH - E Conf  
10:30 Chair Exercise - SC  
1:00 Bereavement - MH East Conf Rm  
1:00 FYI Seminar - SPB  
1:00 Global Conversations - SC  
2:00 Word Play - SPB  
7:00 Retirement Series - PPL | 9:00 Mindful Chair Yoga & Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Every Body Walk! - Various  
10:00 Gentle Mat Yoga - SPB  
1:00 Inspiration Through Mixed Media - SPB | 9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self Expression - SPB  
12:00 Chair Exercise - SC  
12:30 Senior Citizen Club - SPB |

**Nutrition Program**
Monday through Friday 10:00 a.m. to 1:00 p.m.
MH - E Conf
MH East Conf Rm
MH - E Conf
MH Multi
MH Main

**Workshop - SPB**
**Media - SPB**
**Texture with Paint - SPB**
**Clinic - SPB**

**October 2019**

**Table Tennis**
Mon., Wed., Fri. 12:30–4:30 p.m.

**princeton seniors.org** 11
PSRC offers a variety of exercise classes including:

- MINDFUL CHAIR YOGA & MEDITATION
- GENTLE MAT YOGA & TABLE TENNIS
- AEROBICS & WALKING

Check out the class times and register at princetonsenior.org.

FALL IS THE PERFECT TIME TO TRY OUT A NEW EXERCISE CLASS!

RENT A ROWER

Need help around the house? Rent some rowers!
For a minimal charge, rowers from The College of New Jersey can help with yardwork, housework, moving furniture, or cleaning basements. Money earned enables the crew to purchase team equipment.

Email tcnjcrew@tcnj.edu or visit http://tcnjcrew.weebly.com/rent-a-rower.html for more info!

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Acorn Glen Assisted Living
Artis Senior Living
Capital Health
CareOne at Hamilton Assisted Living
Homewatch CareGivers
McCaffrey’s Food Markets

NightingaleNJ Eldercare Navigators
Novi Wealth Partners
Oasis Senior Advisors
Ovation at Riverwalk
Penn Medicine Princeton Health & Home Health

Princeton Portfolio Strategies Group, LLC
Progression Physical Therapy
Team Toyota of Princeton
Van Dyck Law, LLC

And to our individual donors who along with our sponsors make our programs & services possible.

Be sure to follow us on Facebook so you don’t miss a beat! facebook.com/princetonsenior.org/